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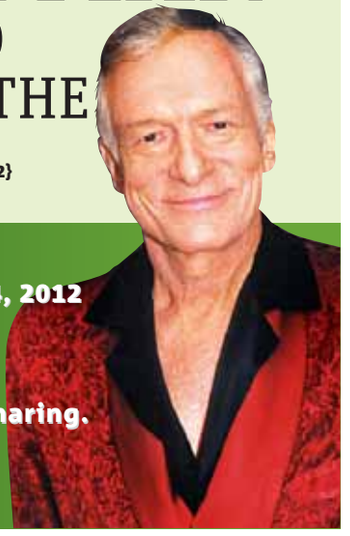
GLIMPSE THE REAL MEXICO HISTORIC WONDERS AND COUNTRY TRAILS {page 13}

A SINGLE MAN

HEFNER VOWS TO STEER CLEAR OF THE ALTAR IN 2012 {page 12}



VANCOUVER metro®

Wednesday, January 4, 2012
www.metronews.ca

News worth sharing.

Defeated.

▶ Team Canada's Brett Connolly reacts to his team's 6-5 loss to Russia in a semifinal game at the IIHF World Junior Championship in Calgary on Tuesday. Down 6-1 in the third period, Canada scored four times in 4:57 and saw a shot strike the post in the game's final minute. Canada will not play for gold at the tourney for the first time in over a decade. Story, page 17.

NATHAN DENETTE/THE CANADIAN PRESS

Team Canada's comeback falls short

Homes not getting any cheaper

- Property values soar in Vancouver
- Local buyers continue to be priced out

MATT KIELTYKA
@METRONEWS.CA

Buying a single-family home in Vancouver is becoming an increasingly unlikely proposition for many local families, according to one expert.

B.C. Assessment released its roll of property values for 2012 Tuesday, marking 10 to 25 per cent increases for single-family dwellings within the City of Vancouver.

The average value of a single-family 50-foot lot in the West Side is now $1,645,000, up from $1,189,000 last year.

The average value of a 33-foot lot in the East Side rose to $1,031,000 from $816,000.

"That's wonderful news if you own a home and terrible news if you are looking to buy (in Vancouver)," said developer and real estate consultant Michael Geller. "As long as markets are attractive to mainland Chinese buyers and other internationals, it's getting to the point most local buyers are going to have a hard time buying in the city."

The average value of a two-bedroom apartment in downtown Vancouver has also jumped to $610,000 from $542,000.

The total value of real estate in the province increased by 6.42 per cent to $1.1 trillion.

Assessments have been mailed out to homeowners, and can also be looked up at bcassessment.ca.

For more news, visit metronews.ca/vancouver

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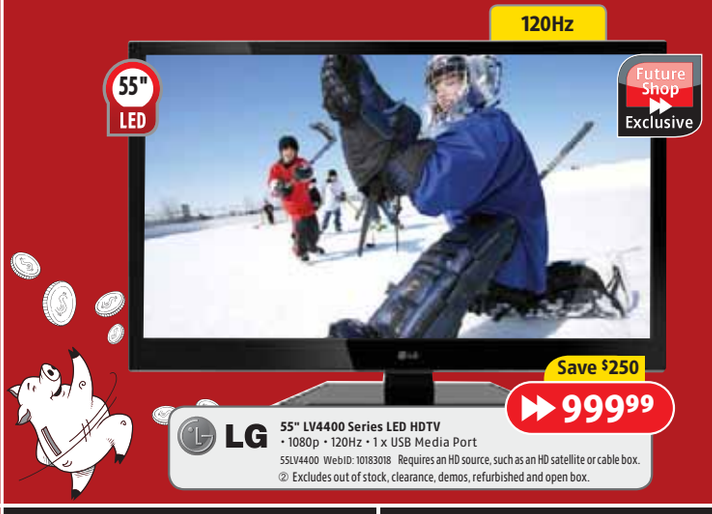

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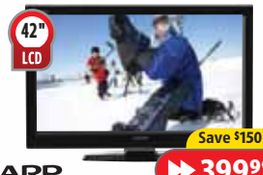

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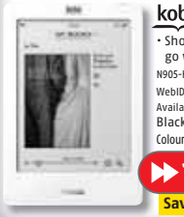

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No longer the murder capital

Abbotsford has shed its dubious title as the homicide capital of Canada, posting zero homicides in 2011.

Statistics Canada named Abbotsford the country's homicide capital for two consecutive years in 2008 and 2009 with a rate of 4.7 homicides per 100,000 people in 2008 and 11 homicides in 2009.

In 2010, homicides in the Fraser Valley city dropped to four.

Abbotsford Const. Ian MacDonald attributes the drop to the implementation of a gang-prevention program and support from the community.

Mayor Bruce Banman credits the successful drop to the work of the Abbotsford Police Department.

"They've done an amazing job taking control of prevention and gang suppression in Abbotsford," Banman said.

KENDRA WONG

Senior sexually assaulted at hospital

An 83-year-old patient at Cowichan District Hospital was sexually assaulted by another patient on Dec. 21, North Cowichan Duncan RCMP confirmed Tuesday. The man, a 48-year-old Duncan resident, is in police custody and will appear in court on Feb. 14 to face charges of sexual assault. KENDRA WONG

PHYLICIA TORREVILLAS/METRO

Victoria Tai hits up the Grouse Mountain bunny hill Monday.

Making mountains move

Vancouver Adaptive Snow Sports offers programs for persons with disabilities VASS president urging people to volunteer

PHYLICIA TORREVILLAS
@METRONEWS.CA

Victoria Tai, 16, was all smiles as she confidently blazed the Grouse Mountain bunny hill Monday despite the rainy and foggy weather.

Her father, Edward, said he has seen great improvement in Victoria, who has a learning disability, since joining Vancouver Adaptive Snow Sports (VASS) — a learn-to-ski program for persons with disabilities at Grouse, Seymour and Cypress mountains — five years ago.

VASS offers programs, including skiing, snowboarding, sit-skiing and advanced adaptive ski racing.

"She's a totally different person when she's out in the mountain and her confidence level has gone up," Tai said, adding that the program helps, as there's no way he could afford skiing lessons. "It's changed our lives completely. Without VASS, Victoria would just be doing nothing in the winter."

VASS volunteer Tom Mooney, who's also a parent of a participant, said the program has made a huge impact on his daughter's social life and strengthened the range of motion in her legs.

But VASS president Anne Bethune said their biggest limitation is the need for volunteers. She's urging people to volunteer and adds that they shouldn't worry about not knowing how to work with people with disabilities since they'll get proper training.

"It really makes a difference in people's lives," Bethune said. "It's not just what happens on the hill, but what happens off the hill when people go home with increased confidence …. They're going to have more confidence to get out in the world and be all that they can be."

1 news

Rebounding wolf population creating a 'landscape of fear' in Yellowstone, which is better than it sounds. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Utica, N.Y., police refute allegations of evidence-planting after footage from dashboard camera goes viral. More at metronews.ca/video

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North Koreans stage rally in support of new leader

In contrast to his father, Kim Jong-un is cultivating a distinctly public image

Pumping their fists and chanting, tens of thousands of North Koreans packed the snowy main square of the capital Tuesday to pledge their loyalty to new leader Kim Jong-un as the campaign to consolidate his power deepened.

State television also aired footage of Kim's recent visit to an elite tank unit with family and historical ties that showed him interacting with soldiers with ease and carrying out inspections much like father Kim Jong-il and grandfather Kim Il Sung did before him — footage that aimed to show off his youth and health and put his confidence and authority on display.

The rally and the footage were the latest steps in a carefully choreographed campaign to build support for North Korea's new leader that began the day news broke of Kim Jong-il's death last month. In swift succession, top officials from the powerful military and ruling Workers' Party have pledged their loyalty to the son, leaving no room for doubt about whether the young man would take power.

Kim Jong-il died Dec. 17 of a heart attack, leaving the nation of 24 million in the hands of his youngest son, who was a mystery even to the North Korean people until his emergence in September 2010 as his father's favoured successor.

Since Kim Jong-un, who is in his late 20s, was made a four-star general and a vice-chairman of the Central Military Commission of the Workers' Party, the campaign to groom him has been fast. Within a year, Kim Jong-un had become a fixture at his father's side for inspection visits to military units and factories and at official events.

Kim Jong-un did not have the benefit of 20 years of grooming as Kim Jong-il did when the latter's father, North Korea founder Kim Il Sung, died in 1994 of a heart attack.

Instead, North Korea has sought to highlight Kim Jong-un's heritage as heir to North Korea's founding fathers, underlining his physical resemblance to the late president Kim Il Sung and characterizing him as an "identical" extension of his father.

THE ASSOCIATED PRESS

Cult of personality

- In the documentary of his military visit Sunday, Kim Jong-un was dressed in a long, dark overcoat similar to the coat his grandfather used to wear.
- He is shown in an exhibition room lined with black-and-white photos, including an image portraying a young Kim Il Sung.
- The footage also served to show the confidence of Kim, who mingled easily with soldiers and appeared to be giving them pointers.

THE ASSOCIATED PRESS

▶ Thousands of North Koreans rally in Pyongyang on Tuesday in support of their country's policies and new leader Kim Jong-un.

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B.C. man killed in Mexico

Residents of a small B.C. island are reacting with shock at the news that one of their own has been shot and killed in Mexico.

Robin Wood, a 67-year-old resident of Salt Spring Island, was killed Tuesday during an apparent home invasion in the town of Melaque, south of Puerto Vallarta.

According to media reports, the retired mechanic had been at a concert and returned to the home of a friend, another B.C. man, when the attack happened.

Wolfgang Temmel, owner of Ganges Auto Marine, said he knew Wood for many years and was in "absolute shock" when he heard the tragic news.

"He was as flaky as a good pie crust, but just adorable all the same. Very bright person. I don't think anybody disliked him," said Temmel, who once employed Wood.

Temmel called Wood "a character" who was always pleasant, happy to see the people he knew, and would take life's difficulties in stride

Temmel added that Wood was a skilled mechanic who had to frequently respond to questions about British cars because of his English accent.

In fact, Temmel explained, Wood wasn't at all fascinated with British cars.

Fellow Salt Spring Islander and mechanic Erik Lundstrom shared Temmel's characterization of Wood, saying his former co-worker was known for being upbeat.

"It was just his cheerful attitude — he was always optimistic in life, you know," said Lundstrom.

George Grams, an elected trustee with the Islands Trust, said he didn't know Wood but expects the killing to be a subject of discussion in the tight-knit community.

Grams said Melaque is very popular with islanders, and many locals travel to the Mexican city annually.

THE CANADIAN PRESS

Ex-Vancouverite charged in Los Angeles arsons

A former Vancouver resident was arrested Monday in connection with more than 50 arsons that caused more than $3 million in damages in Los Angeles last week.

In television news footage of his arrest, Harry Burkhart, 24, was driving a minivan with British Columbia license plates. He is set to appear in court today.

Burkhart, who is originally from Germany, was allegedly recognized by a U.S. State Department official who had seen security footage of an arson. He alerted authorities to initiate the arrest.

JENNIFER KWOK

ONSCENE.TV/THE ASSOCIATED PRESS

▶ Arson suspect Harry Burkhart

PUBLIC NOTICE

WORKSHOP & PRE-HEARING CONFERENCE

BRITISH COLUMBIA UTILITIES COMMISSION

INSURANCE CORPORATION OF BRITISH COLUMBIA
AN APPLICATION FOR APPROVAL OF THE REVENUE REQUIREMENTS FOR UNIVERSAL COMPULSORY AUTOMOBILE INSURANCE FOR THE POLICY YEAR COMMENCING FEBRUARY 1, 2012

On December 1, 2011, ICBC filed a Revenue Requirements Application for Universal Compulsory Automobile (Basic) Insurance seeking an 11.2 percent increase in Basic Insurance rates on an interim and permanent basis for all new and renewal Plate Owner Basic and Fleet Reporting Policies with an effective date on or after February 1, 2012. For the balance of Basic Insurance policies, ICBC also seeks an 11.2 percent permanent increase for those policies that have an effective date on or after the first day of the first month that is at least 60 days following the Commission's final decision on ICBC's Application.

The Commission by Order G-221-11 has approved the requested 11.2 percent interim refundable rate increase for implementation with an effective date on or after February 1, 2012 for all new and renewal Plate Owner Basic and Fleet Reporting Policies. The disposition of any variances between the approved interim rate and the approved permanent rate to be refunded or collected from customers will be addressed in the Commission's final decision on the Application.

The Commission is initiating a review of ICBC's Application. To view the timetable for this hearing and the Application go to www.bcuc.com select "Current Applications" under "Quick Links" and scroll to "ICBC 2012 Revenue Requirements".

	Workshop ICBC will explain the Application and answer questions.	**Pre-hearing Conference** The Commission will consider the process to review the Application.
Date: **Time:**	Monday, January 23, 2012 9:00 a.m.	Thursday, February 23, 2012 9:00 a.m.
Location:	Commission Hearing Room 12th Floor, 1125 Howe Street Vancouver, BC V6Z 2K8	

HOW TO GET INVOLVED

If you wish to participate actively in the review process, you may register as an Intervener or an Interested Party with the Commission in writing by Friday, January 20, 2012 with the Commission Secretary, using the contact information at the end of this notice. Interveners will receive a copy of the Application as well as all correspondence and filed documents.

Interested Parties will receive an executive summary of the Application and a copy of the Commission's decision when it is issued.

All submissions and/or correspondence received from active participants or the public relating to the Application will be placed on the public record and posted to the Commission's website.

If you wish to attend the public Workshop or the Pre-hearing Conference please register with the Commission Secretary using the contact information provided at the end of this notice.

HOW TO REGISTER

You may apply to register to the Commission Secretary by email, electronic submission on the Commission's website, by fax, or by mail using the Commission contact information provided below.

For more information, please visit www.bcuc.com or contact the Commission Secretary at Commission.Secretary@bcuc.com.

VIEW THE DOCUMENTS

The Application and all supporting documentation are available on the Commission's website under "Current Applications" and at the locations below:

British Columbia Utilities Commission Sixth Floor, 900 Howe Street Vancouver, BC V6Z 2N3 Phone: 604-660-4700 Toll Free: 1-800-663-1385 www.bcuc.com	**Insurance Corporation of British Columbia** Head Office – 151 West Esplanade, North Vancouver, BC Kelowna – 1720 Springfield Road, Kelowna, BC Prince George – 4001-15th Avenue, Prince George, BC www.icbc.com

Gap between rich and 'us' growing: Report

- Top 100 CEOs average 189 times mean salary
- Execs' salaries rose 27 per cent from 2009 to 2010

The richest of the rich have gained more ground in Canada, and are now making 189 times the average Canadian wage, according to a new report.

The 100 highest paid chief executives whose companies are listed on the S&P/TSX composite index made an average of $8.38 million in 2010, according to figures pulled from circulars by the Canadian Centre for Policy Alternatives, a left-leaning think-tank.

That's a 27 per cent raise from the $6.6 million average compensation for the top 100 CEOs in 2009, the report says.

Meanwhile, regular Canadians, who made an average of $44,366 working full time in 2010, have seen their wages stagnate over the past few years. In 2010, after adjusting for inflation, average wages actually fell.

"The gap between Canada's CEO elite 100 and the rest of us is growing at a fast and steady pace, with no signs of letting up," says economist Hugh Mackenzie, author of the report.

The driving forces behind the inequality gap lie in the structure of executive compensation packages, Mackenzie says. Consultants giving advice to corporate boards on how much to pay their CEOs only compare to other CEOs.

Regulating compensation packages won't really work, Mackenzie adds. Taxation is better, he says, allowing corporate boards to compensate as they please, while governments claw back on and redistribute excesses. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. TUESDAY

TSX	Dollar
+ 253.34 (12,208.43)	+ 0.58¢ (98.91¢ US)
OIL	**Natural gas**
+ $4.13 US ($102.96 US)	$2.99 (+ 0.001¢)
	Gold
	$1,600.50 (+ $33.70)

Chow. Down

▶ In this picture taken last July, people eat at a popular restaurant sponsored by the Brazilian government in Sao Paulo.

ANDRE PENNER/THE ASSOCIATED PRESS

Move towards zero hunger globally

Jose Graziano da Silva, the new director-general of the UN Food and Agriculture Organization, is one of the creators of Brazil's Zero Hunger social programs, which give money to poor households. That idea may now get a global tryout as world food prices spike, economies sputter and a famine desolates East Africa.

RIM board may get new chair

Research in Motion shares soared Tuesday amid reports of a possible boardroom shakeup that investors hoped could lead to a turnaround or sale of the beleaguered BlackBerry maker. News reports say Mike Lazaridis and Jim Balsillie are considering relinquishing their titles as co-chairmen of the RIM board. The two also run the company as co-CEOs. THE CANADIAN PRESS

January

4

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Cancun	from $275 + taxes & fees $330
Bangkok	from $299 + taxes & fees $738
Hong Kong	from $299 + taxes & fees $729
Varadero	from $325 + taxes & fees $286
Frankfurt	from $349 + taxes & fees $505
Maui	from $358 + taxes & fees $118
Jamaica	from $399 + taxes & fees $337
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Punta Cana 7 Nights 4-Star	from $799 + taxes & fees $363

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HEY BILL, WHAT'S YOUR BEEF?

JUST SAYIN' ...

PAUL SULLIVAN
METRO

It happens every year about this time.

When I'm asleep, someone sneaks into the bedroom and switches all my clothes for a size smaller, then removes the perfectly good mirror hanging on the wall and replaces it with one of those funhouse mirrors that make you look fatter than you really are.

I'm not making this up. And, to be clear, it has nothing to do with Christmas cake.

I don't know who these people are or why this is their idea of a good time. All I know is that I have to go on a diet every year so I don't have to go naked. Which, if the funhouse mirror is any indication, would not be pretty.

There was a time "going on a diet" was simple and involved cottage cheese. Then that wasn't good enough and you had to have non-fat cottage cheese. Now, according to the latest nutritional science, cottage cheese is a no-no, as dairy products are linked to cancer, heart disease, irritable bowel syndrome and Dutch elm disease.

"The head of the Harvard School of Public Health says it's 'udderly ridiculous' for the USDA Food Pyramid to recommend three glasses of milk a day."

Don't take my word for it. The head of the Harvard School of Public Health says it's "udderly ridiculous" for the USDA Food Pyramid to recommend three glasses of milk a day, and more than implies that the new improved Pyramid, revised just last year, is as much a result of intense lobbying by the National Dairy Council and other food pressure groups as it is a product of nutrition science.

These guys play for keeps. Who can forget that the beef industry sued Oprah when she announced she was giving up red meat because it's bad for you (not to mention what it does to the cow)? And when they're not trying to herd Oprah, they're trying to get ketchup and fries declared daily servings of fruits and vegetables.

So if you can't trust the Food Pyramid, who can you trust? These days, if you believe nutritional gurus such as Michael Pollan ("Eat Food. Not too much. Mostly plants.") it's not enough to watch the cupcakes for a few weeks, you have to be born again, with vegetables.

The poster boy for the lifelong-mostly-plants-no-cheating-no-fun diet is none other than good old Bill Clinton who never met a Krispy Kreme or an intern he didn't like. Until he had heart-bypass surgery.

Have you seen him lately? America's First Vegan has come out the other side of the funhouse mirror and looks more like Lance Armstrong than the Pillsbury Doughboy.

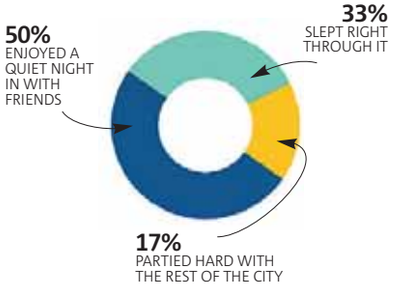
If Bill Clinton can change his evil ways, anyone can.

So hallelujah and pass the garbanzos. These are gonna be my salad days, whether I like it or not.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Register at metropolitanpanel.ca and take the quick poll

On New Year's Eve, you ...



Local tweets

- **@ctv_kelcey:** #Canucks Notebook: Luongo will start Wednesday vs Wild. Booth will undergo CT scan if results are good he may travel to BOS. @ctvbc
- **@brentgranby:** MT Compost you Christmas at chipping events on Jan.7-8 at Kerrisdale Rink, Kits Beach and Sunset Beach ow.ly/8h7HZ via @ParkBoard
- **@Derek_Spalding:** Hurricane force winds arriving on Vancouver Island bit.ly/wOf1JH #Nanaimo #Tofino #Weather
- **@BarkbustersBC:** What's your favourite dog park in Vancouver?
- **@h_mcbeck:** Why can't I find any sort of comprehensive list of #Vancouver races for 2012? I need a goal run in October!
- **@_EricLowe:** Environment Canada issues a rainfall warning. Really?!? In Vancouver?!? Really?!?
- **@bchydro:** Heavy rain & wind forecast for BC south coast & Vancouver Island. Be prepared for an outage: ow.ly/8h8TL <http://t.co/5lMlXt7B>

DJAMILA GROSSMAN/THE SALT LAKE TRIBUNE/THE ASSOCIATED PRESS

Daily Zoom

Buried alive

This cat really does have 9 lives

Janita Coombs plays with her cat, Andrea, at her Syracuse, Utah, home in the above photo.

The Utah city may put an end to its gas chamber after Andrea survived a shelter's two attempts to euthanize her. Animal-shelter volunteers were expected to appear at a West Valley City Council meeting Tuesday evening to make the case for using lethal injections instead. Andrea had not been adopted for 30 days when shelter officials tried to put her to death in October.

She survived, so they gassed her again.

Shelter officials presumed she was dead when they put her in a plastic bag in a cooler.

She was later found alive.

THE ASSOCIATED PRESS

"It was just one of those things where they thought this cat obviously really wants to live.... Let's give it a chance to find a permanent home."

WEST VALLEY CITY SPOKESMAN AARON CRIM TOLD THE SALT LAKE TRIBUNE

A will to live

- Shelter officials still aren't sure why the gassing failed to kill Andrea. The other cats with her in the euthanasia chamber that day all died.
- Volunteers say euthanasia by lethal injections of sodium pentobarbital would be more humane than the gas chamber, and also cheaper.

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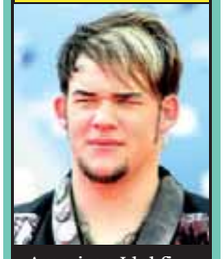
2 scene

Idol



American Idol finalist James Durbin has married longtime girlfriend Heidi Lowe in a New Year's Eve ceremony at the edge of a California redwood forest.
THE ASSOCIATED PRESS

Tim McGraw album "Emotional Traffic," at centre of recent court battle, to be released Jan. 24

HANDOUT

▶ Bonnie Morgan plays Rosa in The Devil Inside.

Bringing hellfire back

The Devil Inside is a return to classic possession movies Joins long line of spook shows

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

Demonic possession has been terrifying moviegoers for decades.

The Exorcist, the most famous fiendish film, created such a stir with audiences that in 1973 Newsweek ran a cover story entitled The Exorcism Frenzy. Complete with stories of queasy theatre-goers and their Exorcist barf bags, it helped create hysteria and make the movie one of the biggest hits of the year.

The impact The Exorcist had on audiences has yet to be duplicated by any of the dozens of possession movies released in its wake, but this weekend's The Devil Inside is hoping to bring a little good old-fashioned hellfire back to theatres.

The devil, of course, is the star of any possession movie, even if you don't actually see him. What's more petrifying than the idea of Old Scratch taking over your body and making your head spin 360 degrees?

But what about the brave priests who battle Beelzebub? Here's a few cinematic celebrants who have gone mano-a-mano with Mephistopheles.

Father Lankester Merrin, as portrayed by Max von Sydow in The Exorcist, presided over the most famous Satan skirmish.

The statuesque Swedish actor played Merrin twice — he's seen in flashbacks in Exorcist II: The Heretic — while Stellan Skarsgård played him in two prequels.

The loopiest of devil hunters must be Father Pierre Barre (Michael Gothard) from the Ken Russell film The Devils. He is a corrupt and despicable holy man who convinces a group of terrified nuns to fake a mass possession with the words, "You will scream! You will blaspheme!" His other questionable methods include "forcible colonic irrigation" with holy water and torture.

Barre isn't the only real life exorcist to be portrayed on film, however. Both The Rite, starring Anthony Hopkins as a real life exorcist tutor and The Exorcism of Emily Rose with Tom Wilkinson as a priest accused of murder when a young woman died during an exorcism, are based on true stories.

More fanciful is Leslie Nielsen as Father Mayii in Repossessed, an Exorcist parody co-starring Linda Blair, who played the possessee in the original film. When told she "has an ungodly voice and maniacal facial expressions" the skeptical Mayii replies, "That doesn't prove a thing! She could be related to Joe Cocker."

And finally, Beetlejuice has a different kind of exorcist. Michael Keaton plays a supernatural character called in as a "bio-exorcist" to rid a house of its human inhabitants.

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MMG Success Story of the Year

While we always love to share student success stories, on occasion one really stands out, surprising even us. This year we want to recognize ***Marc Ramsey*** *for providing our student success story of the year. Marc hit the ground running when he started working with MMG last spring. He has completed three flips including a high-rise luxury condo and a house that has been fully rehab-ed. Even more impressive is his most recent accomplishment.Marc just purchased a 44 unit apartment complex with three separate buildings for a mere $150,000. Once the rehab is completed, Marc will still be under $500,000. This will give him a stabilized asset of one MILLION DOLLARS with a NOI of over $200,000 per year. We cannot express how proud we are of Marc's accomplishment and are thrilled that MMG was able to help him realize his financial dreams.*

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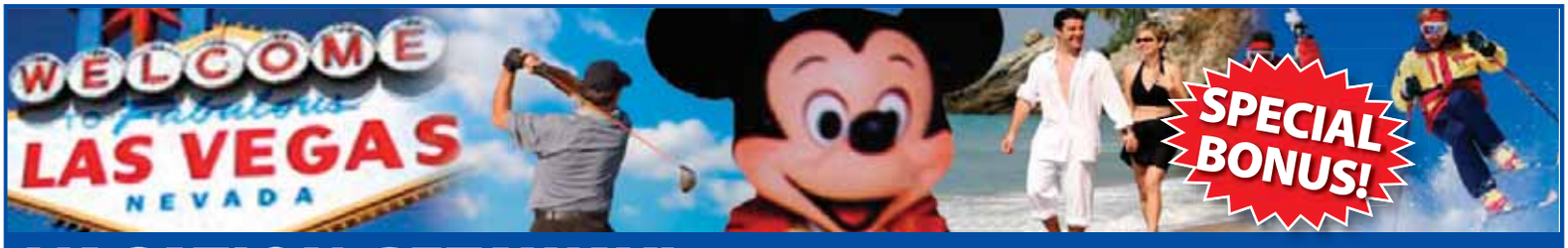

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Hefner states the obvious for 2012

- Our boy Hugh takes an oath to avoid the institution of marriage this year
- 85-year-old Playboy founder says he 'missed a bullet' with Crystal Harris

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

After a tumultuous 2011 that saw his engagement to Crystal Harris (who I like to think of as a very low-rent Kardashian in her media manipulation) fizzle, Hugh Hefner, 85, is vowing to avoid marriage for 2012.

▶ Crystal Harris

ALL PHOTOS GETTY IMAGES

▶ Hugh Hefner

"This year has been a very interesting year for me. I almost got married," Hefner tells People magazine.

"And as Holly [Madison] — a dear friend and former girlfriend — said, 'Well, you missed a bullet.' I think that's accurate. I am clearly not meant to be married. Married life isn't for me."

You'd think the man who is known as an international playboy and has called a mansion filled with frolicking naked women home for most of his life would have figured that out, oh, about 65 years ago.

Celebrity tweets

@EllenBarkin
The fortune in my fortune cookie said "Character is the cornerstone of success." I think my cookie is stale.

@JonahHill
I'm pretty sure "Extremely Loud And Incredibly Close" is about my Mom.

@rupertmurdoch
NY cold and empty, even central park. Nice!

@SethMacFarlane
By now I bet Demi Moore is getting sick of Patrick Swayze's ghost always trying to contact her.

▶ Mel Gibson

Robyn Moore: Ka-ching!

The divorce between Mel Gibson and his wife of 30 years, Robyn Moore, was finalized just before Christmas after more than two years of negotiations, according to Entertainment Weekly.

While the details of the settlement are being kept confidential, sources say Moore walked away with half of Gibson's estimated $850 million fortune.

She also retains custody of the couple's 12-year-old son, Thomas. Moore filed for divorce in 2009 shortly after it was revealed that Gibson's then-girlfriend, Oksana Grigorieva, was pregnant. METRO

$850M While the details of the settlement are being kept confidential, sources say Moore walked away with half of Gibson's estimated $850 million fortune.

A little R-E-S-P-E-C-T

▶ Aretha Franklin

Add Aretha Franklin to the growing list of celebrities who used the Christmas and New Year's holidays to get engaged.

The Queen of Soul is officially planning to marry Willie Wilkerson, her reps confirm to the Associated Press. "No, I'm not pregnant," 69-year-old Franklin joked.

The couple plans to marry this summer in Miami Beach, with Wilkerson hosting a reception aboard a private yacht. METRO

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A taste of real Mexico

Beyond the beaches and resorts of Mazatlan lies a world of natural beauty and quaint towns

THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA

Mazatlan, Mexico, is famous for its long-winding Golden Zone, packed with tourists, resorts, and fantastic beaches, but beyond all the glitter lies a world of adventure rarely seen.

Soon after reaching the outskirts of town I was surprised how different and desolate greater Mazatlan really is when you leave the comfort of the all-inclusive resort.

In the middle of the back country we traded our air conditioned SUV, for roaring bush ATVs, and that's when the fun started. Here is a Mexico rarely seen. Our guide warned us that the trails would be bumpy with a lot of large rocks and potholes.

There are potholes and then there are craters, which I soon found myself roaring through, as we made our way all through the dense jungle-like growth.

I felt privileged to catch a glimpse of the real Mexico, with beautiful scenery, peaceful rivers, and even the odd lazy lizard sunning itself.

As we roared on on our trusty quads, we suddenly emerged from the bush to find a great little Mexican village seemingly in the middle of nowhere.

The locals in this town, which we learned was called La Noria, couldn't have been more friendly, despite the fact we were invading their space like a group of Hells Angels bikers.

Young and old smiled, waved and even cheered as we roared down the main street.

It was almost like being in a time warp watching villagers fetching water from a well and tanning leather to make belts. This, in the end, turned out to be well worth the sore back and dusty throat.

Our reward for making it through it all was a whirlwind stop at the Blue Agave distillery.

This, amigos, is where they make the fun juice. This historic Tequila factory draws mucho tourists who observe the ancient process of making real tequila from the locally grown blue agave plant.

It is strong stuff. And I do mean strong!

Luckily I had a designated driver to take me back to the comfort of the Golden Zone and my cool little all inclusive hotel, the El Cid.

I've been pretty much all over Mexico, and can honestly say that Mazatlan ranks among my very favourite spots in this country.

Despite that the area has been given a bit of a bad rap recently with reports of increased gang crime, I felt perfectly safe walking the streets on my way to my favourite watering hole in all of Mexico, Joe's Oyster Bar!

This place is the perfect beachfront venue to cap off a busy day on ATVS in the bush.

PHOTOS: DARREN PARKMAN/METRO NEWS

▶ Cathedral Basilica of the Immaculate Conception in Mazatlan is an 1875 church that was restored just a few years ago.

Other cool things to do in Mazatlan

- **Check out the downtown history:** Visit the stunning Cathedral Basilica built in 1875. It was restored a few years ago and the interior is nothing short of spectacular. There is a lot of great architecture in this old part of town.
- **Mazatlan Aquarium:** One of the coolest Sea Lion shows you'll ever see, along with tons of exotic creatures including crocodiles, exotic birds and much more. acuariomazatlan.com
- **Estrella Del Mar Golf Course:** Rated one of the best golf courses in Mexico, this course was designed by Robert Trent Jones Jr. and combines great play with breathtaking scenery. estrelladelmar.com

3 life

Travel in brief

With all the fantastic food on board a first-class cruise ship, it may not be the ideal place to count calories. Only 10 per cent of cruisers worry they will gain weight on their vacation, says the Cruise Lines International Association. In a recent study, more than half of experienced cruisers ranked fine dining as the No. 1 benefit of a cruise vacation, says the association.

THE CANADIAN PRESS

Free ferry service from Galveston may be Lone Star State's best tourist bargain.

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Coffee time

Coffee lovers are sure to enjoy this tasty Lemon-and-Coffee cake

THE CANADIAN PRESS

▶ Makes 10 to 12 servings.

Preparation:

1. Heat oven to 180 C (350 F). In a large bowl, cream butter with sugar. Beat in eggs, one at a time, and sour cream with an electric mixer. Stir in milk and set aside.
2. In a separate bowl, mix flour with baking powder. Blend into butter mixture, beating until smooth. Add lemon juice and rind. Mix well.
3. Pour mixture into a 23-cm (9-inch) buttered round cake pan. Bake for 1 hour.
4. Let stand for 10 minutes and remove from pan.
5. Spread with Lemon Coffee Icing. Sprinkle cake with chocolate vermicelli to decorate.
6. To make Lemon Coffee Icing: Squeeze lemon juice into a small bowl and strain to remove pits. In a food processor, cream lemon juice, coffee, butter and half the sugar. Whip in remaining sugar until mixture is thick and creamy. Spread cake with icing. Chill 2 hours before serving.

Ingredients:

- 500 mL (2 cups) sugar
- 125 mL (½ cup) softened butter
- 2 eggs, beaten
- 75 mL (⅓ cup) sour cream
- 250 mL (1 cup) milk
- 750 mL (3 cups) all-purpose flour
- 10 mL (2 tsp) baking powder
- Juice and rind of 1 lemon
- Chocolate vermicelli

For Lemon Coffee Icing:

- Juice of 1 lemon
- 30 mL (2 tbsp) strong coffee
- 50 mL (¼ cup) softened butter
- 500 mL (2 cups) icing sugar

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Lost en route to success

Now is the perfect time to gain a revived sense of direction Here's how

MEG POPOVIC
TALENTEGG.CA

ISTOCK

▶ It's all in your mind: Picture the path you need to take in order to reach the finish line of your career fantasy.

This week I received a random Facebook message from a former student of mine.

Degree completed, resumé drafted, his character is infused with endless potential.

He's bright and charismatic, driven and ambitious. Bottom line: The guy's a total rockstar.

Yet, in his current post-graduation haze, he's at a complete loss of how to get to where he wants to go in his professional life…

Although my student's destination is unique, his newfound professional reality is ubiquitous among recent grads: He's lost and needs a new map.

Oprah Winfrey stated that "luck is preparation meeting opportunity."

The irony I've encountered with my current and former students is that it's always the most capable and positive students who come to crossroads in the early stages of their careers.

For these bright young people, I suggest using two viewpoints to navigate their life paths.

1

Life compass: Envision your direction

This is the big picture perspective on your life as a whole. It entails all of who you want to be. It's the professional, personal, social, health/fitness, economic, and spiritual intentions:

- What do you want to unfold in your life?
- What is a well-rounded, successful life for you?
- What are the opportunities you dream of?

A life compass points you in the direction that you aspire to go in your professional and personal life.

By considering these priorities and seeing them on paper, you will establish a stronger sense of purpose in your current and future endeavours.

2

Career GPS: Clarifying the routes

Once the direction of the greater life path is clearer, it's important to clarify the ways to reach the professional destinations of preference. Oprah calls it preparation; I consider it the 'doing' that grows your dreams. When executed with efficiency, attentiveness, and insight, this is the type of navigation that helps you build your life path.

Consider what your ultimate dream job is. Is it an entrepreneur? Investment banker? Psychotherapist? Nuclear energy engineer? What are the hard and soft skills required to attain excellence in this profession? Use this ideal goal as the destination to work backward from in the current moment.

Most importantly, be willing to do the work to get yourself prepared. Assume that en route to your final destination, there are 'stops' along the way. It may take five to 10 years for you to be prepared for the arrival of this opportunity.

Continue asking yourself questions like these to explore possible routes for your career:

- What can you do now that builds the foundation for your future direction?
- What skills and experiences can you attain to be ready for the opportunity when it shows up?
- What certifications and education are required to be competitive for this dream position?

MEG POPOVIC, PHD, IS A GROUP FACILITATOR, PUBLISHED AUTHOR, UNIVERSITY PROFESSOR AND LIFE COACH.
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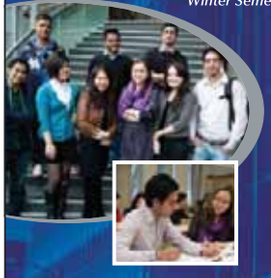

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Feeling a little SAD?

It's the time of year when Seasonal Affective Disorder can set you back in school and at the office Get control

ISTOCK

Most people get the winter blues, especially in February when days are short and warmer weather seems like it will never come again.

While many of us may feel down, for some, winter can have an even more disabling affect.

Seasonal Affective Disorder, also known as SAD, is a type of depression most commonly occurring during these cold winter months.

Typical symptoms of this condition include: sleeping too much, overeating (especially carbs and sweets), loss of energy, social withdrawal and difficulty concentrating. And people in colder climates, like here in Canada, are more likely to experience SAD.

Dr. Robert Auger, a psychiatrist at Mayo Clinic, points out that many people will periodically experience elements of SAD.

It is important, however, to seek professional help when symptoms begin to affect one's ability to perform at work, or when they start to take a toll on personal relationships. Individuals with SAD are counselled to seek clinical help when feeling hopeless, thinking about suicide, or turning to alcohol for comfort or relaxation.

NEWS CANADA

Click for more

More health-related information is available online at:

mayoclinic.org/canada

Dr. Auger's tips

Here are some tips from the Mayo Clinic's Dr. Robert Auger

- Get outside. There is no substitute for natural light. If you work during the day, try to go for a walk during a break or lunch.
- Light therapy boxes can help to boost your mood when you're unable to get outdoors.
- Get regular exercise at least three times a week for 30 minutes.
- Stay social. Interact with family, co-workers and friends on a regular basis.

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CANADA POST POSTES CANADA

MAY OLD WORK BLUNDERS BE FORGOT

2011 saw many workers lose their cases by way of self-sabotage ◗ Take in these tips for a successful 2012

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

2011 was the year of the employer as this column was replete with examples of employees wrecking their own cases, often through ignorance of the law, indifference, or worse, poor advice.

In light of these multiple failures, here is an offering of my top dos and don'ts for employees in 2012.

Document disputes
Written documents do not lie. People do. If you find yourself in a workplace dispute, take steps to document and then preserve your version of the events. Most court cases are resolved based on credibility so do not leave yours to memory.

Employment contracts
The single biggest problem in workplace law is that employees quickly sign contracts that reduce or eliminate their legal rights. Courts uphold these agreements even if they are one-sided, so avoid signing them or at least negotiate on the more unfavourable terms.

ISTOCK

▶ Workplace law takes harassment very seriously so speak up if you feel you're being bullied in the office.

Off-duty conduct
Many employees believe that off-duty conduct cannot justify discipline. They are mistaken. Off-duty conduct that, in one way or another, demonstrates a revelation of poor character or is injurious to an employer's interests can result in dismissal. Similarly blog postings, social networking and emailing among coworkers are likely being monitored. Be careful what you write, otherwise it may follow you back to your desk.

Policy manuals
These documents are neglected by employees, often to their detriment. There were a number of court cases in 2011 that were ultimately decided in favour of employers on the basis of obscure language in their policy manuals, without any regard to what was otherwise fair. Read your policy manuals carefully.

Challenge workplace changes
An employer cannot unilaterally change any important working conditions without your consent. Many try to anyway. If you do not approve of the change, then you must protest it. By doing nothing, you will be deemed to agree.

Don't tolerate abuse:
2011 saw many high-profile harassment cases played out in the media and the courts. While judges may have previously been unsympathetic or reluctant to become involved in harassment claims, this is no longer the case. Employees with legitimate grievances should not remain 'in the closet' with their claims.

DANIEL A. LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN.

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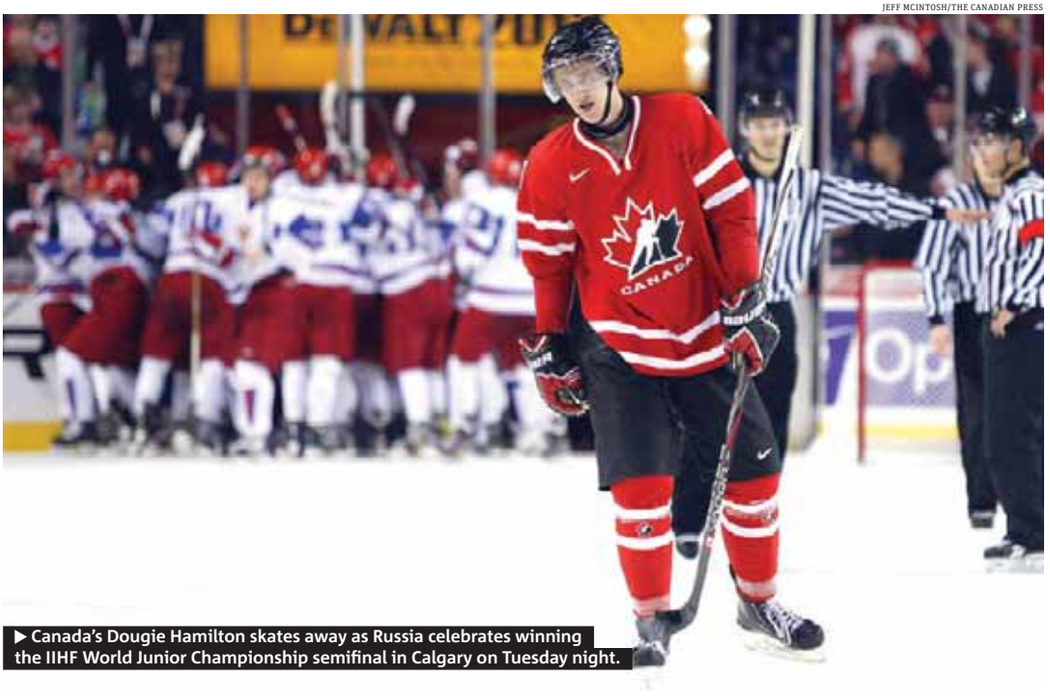
Clock runs out on Canadians

Near-miraculous comeback falls short as Russia holds on for spot in WJC gold-medal game

RUSSIA	CANADA
6	5

JEFF MCINTOSH/THE CANADIAN PRESS



▶ Canada's Dougie Hamilton skates away as Russia celebrates winning the IIHF World Junior Championship semifinal in Calgary on Tuesday night.

Canada will not play for gold at the world junior hockey championship for the first time in over a decade.

The Canadians lost 6-5 to Russia in Tuesday's semifinal in Calgary, despite a four-goal burst in the third period.

Russia meets Sweden for gold, while Canada faces Finland for bronze Thursday.

The defending-champion Russians scored five times in the third period to beat Canada 5-3 in last year's final in Buffalo, N.Y. Russia has a chance to win back-to-back titles for the first time since 2002 and 2003.

Russian captain Evgeni Kuznetsov, the lone returning player from last year's squad, was a one-man wrecking crew with three goals and an assist.

Defencemen Nikita Nesterov and Alexander Khokhlachev and forward Nikita Kucherov also scored for the Russians. Nail Yakupov had three assists.

Brett Connolly replied for Canada early in the second period. Trailing 6-1 in the third, Dougie Hamilton, Jaden Schwartz, Brendan Gallagher and Brandon Gormley all scored for Canada in under a five-minute span starting at 9:27.

Canada outshot Russia 56-24, but missed their chances early in the game.

Andrei Vasilevski stopped 44 of 49 shots, but was replaced by Andrei Makarov after Gormley's goal at 4:17. Makarov stopped all seven shots he faced.

Canada pressed for the equalizer, but couldn't get it. Ryan Strome hit the post and Connolly had a chance at his rebound with less than a minute remaining.

Canada's starting goalie Scott Wedgewood allowed four goals on 14 shots. He left the game at 8:48 of the second period when Khokhlachev crashed into the net on Kuznetsov's third goal. Mark Visentin replaced him, stopping eight of 10 shots.

When Wedgewood left the game, the Canadians lost their cool in the second period. Russia scored their fifth goal and second on the power play when Gallagher took a high-sticking penalty on Mikael Naumenkov.

Boone Jenner was given a game misconduct for spearing later in the period and Jonathan Huberdeau took a misconduct for slashing with just under two minutes two go.

The Canadians stayed out of the box in the third period and scored two of their four goals on the power play. THE CANADIAN PRESS

Suggested resolutions for Canucks

THE HOCKEY NEWS

EDWARD FRASER
VANCOUVER@METRONEWS.CA

The new year is upon us, and though the Canucks surely want little to change in the big picture after climbing to the top of the Northeast Division and within one point of the conference lead (behind, who else, those pesky Blackhawks), it is time for resolutions. Here are three the team — and its followers — would benefit from.

Roberto Luongo should resolve to … block out the often-cruel critics and keep his head up high — that way he can keep an eye on his stats, which have risen dramatically after a six-game hiatus in late November. On Dec. 1, Luongo's goals-against average was an ugly 3.05 and his save percentage even worse at .892. Those marks now remarkably sit at 2.48 and .914, resulting in a 9-3-2 record in that stretch and a strangle hold back on the No. 1 job.

Canucks fans should resolve to … have a little patience. The sky was falling when the team faltered out of the gate (6-7-1 on Nov. 5). Vancouver faithful wanted Luongo traded and Alain Vigneault fired. Since then they're 18-6-2 and all is right with the world, with both the offence (No. 1 in overall goals, power-play goals and power-play percentage — by a huge margin) and the defence (No. 7 in penalty killing, goals against and shots against). Save the hand-wringing for the playoffs.

Jannik Hansen should resolve to … SHHOOOOOOOOOOOT! No Canucks regular has a better shooting percentage, but 10 have more shots. The super-speedy 25-year-old is third in goals with 12, but could have a bunch more.

"I think Alex has been playing real well," Vigneault said. "He's been getting some unreal chances and just falling a bit short."

And tell Henrik to shoot more while you're at it.

WJC wonder: The Canucks have only one player at the world juniors, but he's one to watch. Denmark's Nicklas Jensen, a power forward who has 18 goals and 35 points in 30 games with the Ontario Hockey League's Oshawa Generals, continued his scoring ways at the tournament with a pair of goals and five points in five outings. The 6-foot-2, 200-pounder has plenty of skill and is the only CHL player on the Danes' roster. His father, Dan, was born in Toronto and was an OHLer himself. The Canucks picked Jensen 29th overall in 2011.

4 sports

Canucks preview

Minnesota at Vancouver
7 p.m.
TV: SNET

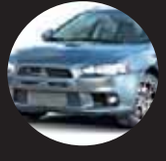
Minnesota (21-13-6) travels to Vancouver trailing the Canucks (24-13-3) by three points. The Wild have one win in their last 10 games. Niklas Backstrom has struggled since returning from a minor groin injury, allowing three or more goals in six of nine starts. Mikko Koivu had a strong December, with 12 points in 11 games. Jarod Palmer (upper-body), Clayton Stoner (groin) and Devin Setoguchi (knee) are on injured reserve.
THE CANADIAN PRESS

5 drive

By comparison

Subaru Impreza WRX STI
Base price: $39,900
Rally-bred all-wheel-driver available in sedan and wagon formats.

Mitsubishi Evolution
Base price: $43,600
Lancer-based sedan closely matched with Subaru WRX STI.



Mini Cooper JCW
Base price: $39,000
Peppy, FWD hatch is a salute to Mini's half-century racing heritage.

WHEELBASE MEDIA

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4Motion

The R comes with VW's 4Motion all-wheel-drive system. During ideal road/weather conditions, all of the R's power is directed to the front tires, however when they begin to slip, up to 100 per cent of the torque shifts to the rear wheels.

Obviously the R is a true driver's car and that means a firm-riding, body-roll-reducing suspension, added braking power and a businesslike interior with well-bolstered front seats (covered in leather), aluminum pedals and a leather-wrapped steering wheel.

Transmission

The R's sole transmission is a six-speed manual, which is somewhat surprising given that the German automaker already builds a faster-shifting state-of-the-art paddle-operated manual gearbox for use in other Golf models.

Still, VW claims that the stick-shift R will hit 100 km/h in less than six seconds, which is quick enough for most folks. Be advised, however, that the R takes premium fuel.

Engine

The engine is a turbocharged 2.0-litre four-cylinder generating 256 horsepower and 243 pound-feet of torque. By comparison, the GTI, now relegated to being the second sportiest Golf on the lot, also comes with a 2.0-litre turbo-four, but it's rated at 200 horsepower and 207 pound-feet of torque.

Credit for the R's extra spunk goes to the turbocharger system that delivers considerably more boost than the GTI's.

▶ These 18-inch wheels are unique to the Golf R while the ride height is a bit more than half an inch lower than that of the GTI.

Volkswagen's pumped up kicks

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

When it comes to constructing the "hot-hatch" Golf R, Volkswagen certainly knows a thing "R" two.

The automaker is able to call up the requisite firepower and related performance content from its parts bins to build the kind of machine that will attract new fans to the brand that might otherwise end up at a Mitsubishi, Subaru or BMW/Mini store.

Volkswagen has been down the high-output road with the Golf before, specifically for the 2008 model year with the short-lived (and not for Canada) R32, with its 250-horsepower V-6 and all-wheel-drive. Now the automaker returns in early 2012 with yet another pumped-up Golf-based model designed to thrill and delight the North American masses, or at least those who appreciate a tightly-proportioned vehicle that can haul like the dickens in every sense of the word.

For Canadian consumption, there's a total allocation of 500 R models and all are four-door hatchbacks.

Other cars might make more content available, from blind-spot warning systems to intuitive/active cruise control, but the Golf R is having none of it. It concentrates on enriching the driving experience through generous helpings of power without ballooning the price through indiscriminate applications of luxury fluff and superfluous safety gadgetry.

On that basis alone, the R is tough to beat.

▶ Fully decked out, the Golf cockpit is far from cheap looking.

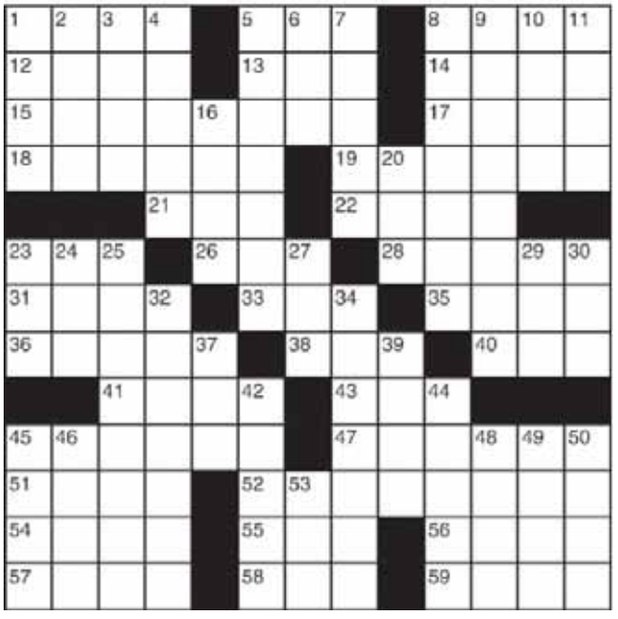
▶ The R is a traditional hatchback with plenty of details such as these LED taillights.

VW Golf R

What you should know about the 2012 Volkswagen Golf R:

- **Types:** Four-door, all-wheel-drive compact hatchback.
- **Engine (hp):** 2.0-litre DOHC I4, turbocharged (256).
- **Transmission:** Six-speed manual.
- **Market position:** By its very nature, the Golf R will be a limited-production model designed to bring attention to the Golf line in general, and specifically to Volkswagen's expertise in creating high-performance automobiles.
- **Mileage:** L/100 km (city/hwy) 12.0/8.5 (est.).

Crossword



Across

1 Gaucho's weapon
5 Apprehend
8 "Little Women" woman
12 Related (to)
13 Ostrich's cousin
14 La Scala solo
15 Back to zero, on "Wheel of Fortune"
17 Bantu language
18 Grommet
19 Small church
21 Listener
22 Warmth
23 Despondent
26 Water barrier
28 Place for a watch
31 Overly proper one
33 Fleur-de- —
35 Unmatched
36 Supermarket section
38 Mimic
40 Big Apple abbr.
41 Freeway access
43 Blond shade
45 Fluffy dessert
47 Paycheck increases
51 Swiss mountains
52 All of a sudden
54 Ceremony
55 Bill and —
56 Agony
57 Throw
58 "In what way?"
59 Curved molding

Down

1 Movie about a pig
2 Fine
3 Fragment of dialogue
4 Monitor location, maybe
5 On neither side
6 Pump up the volume
7 Sundance's pal
8 Charity events
9 Volcanic outbreak
10 Mah-jongg piece
11 Drag behind
16 Peruse
20 Chop
23 Hot tub
24 "Entourage" role
25 Causes chaos, maybe
27 Actress Farrow
29 Crafty
30 Sleuth, slangily
32 Optician's product
34 Small songbird
37 Type measures
39 Birthright barterer
42 Clingstone, e.g.
44 Zoo favourite
45 Shopping centre
46 Medley
48 Unescorted
49 Author Wiesel
50 "Auld Lang —"
53 Halloween shout

▶ Yesterday's answer

Sudoku

	9		7		4		1	
	3	1	9		5	2	6	
2			5		3			4
		3	4		8	6		
7			2		1			5
	5	6	1		7	3	2	
	8		6		9		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	9	2	6	1	7	8	3	4
4	3	1	9	8	2	6	7	5
7	6	8	4	5	3	2	1	9
6	1	3	5	4	9	7	8	2
9	2	5	7	3	8	4	6	1
8	7	4	2	6	1	5	9	3
2	8	7	3	9	5	1	4	6
3	5	6	1	7	4	9	2	8
1	4	9	8	2	6	3	5	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Him
Today is a good day, a brand new day. Feeling great. Broken heart healed, whew, finally, cried too, too many times. Scared, my adults, so much so, they surrounded me with their life to distract me while healing continues. Thank You, Creator, for you only know how to fix me. Even tho, I may not recognize right away eventually I get the message. This world is not about my personal needs its about redeeming self thru good work! Thank You! for another day in your crazy creation! ;)
FROM HER

You already broke my Heart
FROM IN JULY

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Why are you trying so hard to prove yourself? You should be comfortable with who you are and what you can do.

♉ Taurus April 21-May 21 It would appear there is something that you have missed, a small but important detail that has been overlooked.

♊ Gemini May 22-June 21 Can you believe what your inner voice tells you? Of course you can.

♋ Cancer June 22-July 22 You need to read between the lines today, then you are more likely to discover what the real issues are.

♌ Leo July 23-Aug.23 Someone you think you can trust will make what seems like a reasonable suggestion today, but if you act on what they say you may regret it.

♍ Virgo Aug. 24- Sept. 22 Honesty is a must today, especially when dealing with people in positions of authority.

♎ Libra Sept. 23-Oct. 23 You know what it is you want to be doing but you can't seem to make a start.

♏ Scorpio Oct. 24-Nov. 22 Whatever good ideas you have today and tomorrow you would be wise to keep them to yourself for the time being.

♐ Sagittarius Nov. 23-Dec. 21 If you stay cool and act rationally today you won't go far wrong.

♑ Capricorn Dec. 22-Jan. 20 The more outrageous your ideas today the better.

♒ Aquarius Jan. 21-Feb. 18 Your thoughts will be all over the place today, so hold off making any hard and fast decisions.

♓ Pisces Feb. 19-March 20. Loved ones may want what is best for you, but what if it does not coincide with what you want for yourself? Well then you'll have to get tough and tell them you'll be going your own way. And mean it. **SALLY BROMPTON**

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